MARATHON HANDBOOK
SUB 2 HOUR HALF MARATHON TRAINING PLAN : KM

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1		Rest Day	Training Run	Race Pace Run	Strength Training	Training Run	Intervals	Long Run	**29 k**
			5 k	5 k		5 k	2 x 800m	7 k	
			RPE: 3-4	*5:27 / km*	45-60 mins	*RPE: 3-4*	*RPE: 8-9*	*RPE: 2-3*	
2		Rest Day	Training Run	Race Pace Run	Strength Training	Training Run	Rest Day	Long Run	**23 k**
			5 k	5 k		5 k		8 k	
			RPE: 3-4	*5:27 / km*	45-60 mins	*RPE: 3-4*		*RPE: 2-3*	
3		Rest Day	Training Run	Race Pace Run	Strength Training	Training Run	Intervals	Long Run	**34 k**
			6 k	5 k		6 k	2 x 800m	10 k	
			RPE: 3-4	*5:27 / km*	45-60 mins	*RPE: 3-4*	*RPE: 8-9*	*RPE: 2-3*	
4		Rest Day	Training Run	Race Pace Run	Strength Training	Training Run	Rest Day	Long Run	**24 k**
			6 k	5 k		6 k		7 k	
			RPE: 3-4	*5:27 / km*	45-60 mins	*RPE: 3-4*		*RPE: 2-3*	
5		Rest Day	Training Run	Race Pace Run	Strength Training	Training Run	Intervals	Long Run	**38 k**
			7 k	5 k		7 k	3 x 800m	10 k	
			RPE: 3-4	*5:27 / km*	45-60 mins	*RPE: 3-4*	*RPE: 8-9*	*RPE: 2-3*	
6		Rest Day	Training Run	Race Pace Run	Strength Training	Training Run	Intervals	Long Run	**39 k**
			7 k	5 k		7 k	3 x 800m	11 k	
			RPE: 3-4	*5:27 / km*	45-60 mins	*RPE: 3-4*	*RPE: 8-9*	*RPE: 2-3*	
7		Rest Day	Training Run	Race Pace Run	Strength Training	Training Run	Intervals	Long Run	**42 k**
			7 k	5 k		7 k	4 x 800m	13 k	
			RPE: 3-4	*5:27 / km*	45-60 mins	*RPE: 3-4*	*RPE: 8-9*	*RPE: 2-3*	
8		Rest Day	Training Run	Race Pace Run	Strength Training	Training Run	Intervals	Long Run	**41 k**
			8 k	5 k		8 k	4 x 800m	10 k	
			RPE: 3-4	*5:27 / km*	45-60 mins	*RPE: 3-4*	*RPE: 8-9*	*RPE: 2-3*	
9		Rest Day	Training Run	Race Pace Run	Strength Training	Training Run	Intervals	Long Run	**45 k**
			8 k	5 k		8 k	4 x 800m	14 k	
			RPE: 3-4	*5:27 / km*	45-60 mins	*RPE: 3-4*	*RPE: 8-9*	*RPE: 2-3*	
10		Rest Day	Training Run	Race Pace Run	Strength Training	Training Run	Intervals	Long Run	**47 k**
			8 k	5 k		8 k	4 x 800m	16 k	
			RPE: 3-4	*5:27 / km*	45-60 mins	*RPE: 3-4*	*RPE: 8-9*	*RPE: 2-3*	
11		Rest Day	Training Run	Race Pace Run	Strength Training	Training Run	Intervals	Long Run	**39 k**
			8 k	5 k		8 k	2 x 800m	11 k	
			RPE: 3-4	*5:27 / km*	45-60 mins	*RPE: 3-4*	*RPE: 8-9*	*RPE: 2-3*	
12		Rest Day	Training Run	Rest Day	Easy Run	Rest Day	Easy Run	HALF MARATHON	**34 k**
			5 k		5 k		3 k	21 k	
			RPE: 3-4		*RPE: 2-3*		*RPE: 2-3*	*RPE: 5*	